

DAVID MEINZ

MS, RD, FADA, CSP



“DAVID MAKES A CONVINCING CASE FOR THOSE WHO HAVE LOOKED TO GOD’S WORD FOR GUIDANCE IN PHYSICAL AS WELL AS SPIRITUAL MATTERS!”

— Dr. D. James Kennedy,
President, Coral Ridge Ministries

“THANKS FOR MAKING OUR CONFERENCE BE ONE OF THE BEST EVER.”

— J.P. Hamlett, National Association
of Church Business Administrators

“REFRESHINGLY HUMOROUS; STAY AS FUNNY AS YOU ARE.”

— Rev. Tommy Sizemore,
Burkville United Methodist Church

Healthy Living For BODY & SOUL

DAVID’S TOPICS

• **ENERGIZE YOUR LIFE**

Here’s the latest information on how you can get more energy and maximize your health in today’s hectic lifestyle. Plus, the results of scientific studies proving the wisdom of biblical health guidelines written thousands of years ago. A content-rich, fun, and funny program on how to improve your personal and professional performance.

• **TODAY’S HEALTHY CHRISTIAN WOMAN**

Career Woman, Wife, Mother, Homemaker, and Taxi Driver. The demands on today’s woman make it vital that she not only maintains but maximizes her personal health and energy. Today’s research reveals the very different nutritional and health requirements of men and women. David Mainz brings you up to date on the latest on osteoporosis, hormones, chocolate, and lots, lots more!

• **TODAY’S HEALTHY CHRISTIAN LEADER**

Designed for pastors and leaders of the church, and those who care about them. Results from the National Clergy Survey of 80 faith groups, conducted by Duke University Divinity School, found nearly 76 percent of respondents were overweight. Another study showed 62 percent have unfavorable cholesterol readings. David shows how to achieve high-level health, avoid the major physical ailments suffered by many ministers, and have more sustained energy for God’s calling in their lives.

• **HOW TO LIVE AS LONG AS METHUSELAH ...WELL, ALMOST**

Perfect for the “Over 50” and “Senior” audience. David Mainz reveals the Seven Steps To Longevity, the latest on vitamin supplements, and brand new information on cholesterol that even your doctor probably doesn’t know. Here’s how to add years to your life and life to your years!

• **THE TEMPLE OF THE HOLY SPIRIT**

David discusses the body as God’s temple, the health benefits of faith, and the wisdom of God’s Word. And it’s all delivered in his interesting, engaging and humorous style. Designed as 25-45 minute sermon or keynote presentation.

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David is great with a crowd, interactive and energetic. And he can easily tailor his message to match your audience and program.

He has a Master's Degree (MS) in human nutrition, and he's a Registered Dietitian (RD), and Fellow in the American Dietetic Association (FADA). He's also received the Certified Speaking Professional (CSP) designation from the National Speakers Association.

But he's not just what he knows. David presents his insights with a real zest for life. His fresh message comes across with unexpected humor; this guy is *really funny!*

David is a frequent guest on Christian radio and television including *Focus On The Family*, *The 700 Club*, and *Dr. Dobson's FamilyTalk*. He speaks internationally to audiences about how to live life to the fullest with maximum energy and health.

ONE OF THE TOP 100 MOST POPULAR Programs Of All Time *on Focus On The Family*

WHAT AUDIENCES TAKE AWAY FROM DAVID'S PRESENTATION

- **PEAK PERSONAL PERFORMANCE**

How To Power-Up Your Health In Today's Fast-Paced Lifestyle

- **THE NEW FOUNTAIN OF YOUTH**

Exciting Information On How To Add Years To Your Life & Life To Your Years!

- **LAUGHTER IS GOOD MEDICINE**

A Fun And Funny Program That Will Energize Your Meeting!

- **AND LOTS, LOTS MORE!**

SCHEDULE DAVID MEINZ FOR YOUR NEXT EVENT



JOIN THE HUNDREDS OF OTHER CHURCHES, RELIGIOUS ASSOCIATIONS, AND ORGANIZATIONS THAT HAVE INVITED DAVID TO SHARE THE GOOD NEWS OF FAITH AND HEALTH.

To watch David in action, visit
www.ChristianHealth.com

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